



StayWell@Work™

Monthly Strides

Taking strides to better your health

February Issue Includes

- **American Heart Month and National Wear Red Day (February 6)**
- **World Cancer Day (February 7)**
- **National Donor Day (February 14)**

National Donor Day

As of September 2008, there are over 99,000 hopeful patients waiting to be the lucky recipient of an organ donation. Only 13,800 have received donations from January to June. What can you do? Become a donor. What can be donated?

- Organs
- Tissue
- Stem Cells
- Blood

For more information about becoming a donor, visit the organ donor Web site at www.organdonor.org.

American Heart Month

Physical inactivity is one of four small changes you can make to reduce the risk of heart disease and lower your cholesterol.

1. Get the family involved in healthy eating and exercise from an early age. The younger you start, the easier it will be to maintain healthy habits throughout your lifetime.
2. Add in, or increase, your levels of physical activity. According to the latest joint American Heart Association/American College of Sports Medicine guidelines on physical activity, all healthy adults ages 18-65 should be getting at least 30 minutes of moderate intensity activity five days of the week.
3. Eat low-fat, nutritious meals.
4. Maintain a healthy weight.

Also, wear red to celebrate National Wear Red Day on February 6 to raise awareness about the importance of heart health. Encourage your friends and loved ones to improve their heart health by increasing physical activity and decreasing dietary fat and cholesterol.

Visit StayWell Online at <https://delaware.online.staywell.com> and click on "Heart Health" under "Health Centers" to learn more tips about how to build a healthy heart.

